

Scott Spouses Newsletter

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Free Programs and Classes Offered by FAP

Baby & Me Playgroup: Infant massage, baby sign language, attachment and bonding techniques, infant development discussions, and music by *Playful Harmonies*™ are provided during this weekly playgroup for parents and their infants 0-12 months. It meets in the Teen Center, building 386, every Thursday at 1130.

Countdown to Delivery: This 2nd trimester class is for expectant mothers and fathers, is taught by a registered nurse, and covers nutrition, exercise, diagnostic procedures, and self-care. A parent care-kit is provided at no charge. The class is offered on the 3rd Tuesday of each month from 1130-1300.

Baby Talk/Baby Basics: This 3rd trimester class, also taught by a registered nurse, is for expectant mothers and fathers and is offered on the last Tuesday of each month from 1130-1300. Topics include diapering, bathing, sleep patterns, breast and bottle feeding, cry-

ing and colic, personality development, and typical illnesses. It also features *Bundles For Babies* supplied by Air Force Aid Society.

Moms Pops & Tots Playgroup: Open play in the gym, storytelling, crafts, and music by *Playful Harmonies*™ are activities offered by this playgroup that meets each Thursday at 0930 in the Teen Center, building 386. A monthly field trip in the local area is organized by the parents on the last Thursday of each month. This group is for parents and their children ages 5 and under.

Couples Communication: Dating? Engaged? Newlywed? Married for a while but seeking to improve your marriage? This is the workshop for you. Effective communication, love languages, the power of commitment, celebrating differences, and enhancing intimacy will be covered. Cosponsored by the Base Chapel and Family Advocacy,

this workshop will be held on Fri, 14 May from 1800-2100 and on Sat, 15 May from 0900-1600. Meals, snacks, and all course materials will be provided at no charge. You must attend together as a couple.

Parenting Classes: Learn how to effectively discipline and enhance your relationship with your children using natural & logical consequences, effective praise, preventive teaching, corrective teaching, and teaching your child self-control skills. This video-based class will be offered on Wednesdays from 1115-1315 on 7, 14, 21, 28 Apr and 5 May 04. Participants must attend all sessions. Participants who complete the class will be allowed to keep the \$15 book used and will receive a certificate of training completion.

Please call Family Advocacy at 256-7203 for more information or to pre-register for classes.

Savings Deposit Program Guarantees 10% Interest

A Department of Defense program helps deployed troops tuck up to \$10,000 of their income away and earn a guaranteed 10 percent interest on their savings annually.

Troops can participate in the Savings Deposit Program if they are assigned outside the United States and receiving Hostile Fire and Imminent Danger Pay. Service members must serve 30 consecutive days in that assignment before making deposits into the fund.

To make a deposit into the fund, troops need to contact their financial office while deployed. The last day to

make a deposit into the fund is the date of departure from the theater. However, interest will accrue up to 90 days after return.

Troops can contribute more than \$10,000, but interest will not accrue after that amount.

Withdrawing the money before leaving the combat zone is not authorized, unless there is an emergency. A [deployed member] would need proof of emergency and a letter from the command before the money would be released.

This savings program is not new—it



provided Vietnam veterans a way to earn extra money while on their Southeast Asia tours. DoD reopened the program to Desert Storm troops in 1991. It is continuously running and available for deployed troops.

For more information, contact your local Finance office.

Excerpted from *Stars & Stripes* at <http://www.estripes.com> and *Army News Service* at <http://www4.army.mil>.

Notice: Parents of Children in the Scott AFB CDC and Youth Center

None of us wants to believe it could happen to our children. None of us can ever be truly prepared to deal with it if it does happen. But, child sexual abuse is an unfortunate reality for far too many children and their families. Recent data indicate that as many as 25% of boys and 33% of girls will be sexually molested before they reach age 18. How can you decrease the risk for your child?

During the month of April, Ms. Ella Duncan, Family Advocacy Outreach Manager, will present "Personal Safety Briefings" to your children. These one-time, 30-minute Child Abuse Prevention skills-training sessions will consist of age-appropriate 15-20 minute videos and practice of 3-4 quick, short sentences that may prevent your child from

becoming a victim. They will also receive coloring and activity books and small boxes of crayons, or for 9-11 year-olds a Spiderman comic book on this subject.

Your children will learn how to:

- Use simple, straightforward tools to protect themselves such as
 - Say no
 - Get away
 - Yell & tell someone
- Trust and act on their feelings that develop in a potential abuse situation
- Recognize the lures that may be used to trick them



- Accept that it is never their fault if they are abused (even after they say "no")
- Tell, even if the abuser is someone they know and love

If you want your child to participate in this training, or if you have any questions, please call 256-7203/7204 for more information.

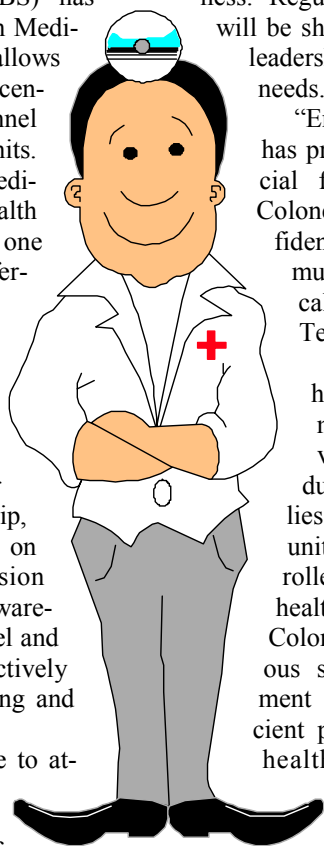
You may review the videos and materials that will be used by contacting the Family Advocacy Program between 0730-1630, Monday through Friday, to arrange a time.

Enrollment By Squadron: What Does It Mean for You?

If you haven't heard by now, Enrollment By Squadron/Unit (EBS) has been implemented at the 375th Medical Group. This initiative allows healthcare providers to concentrate their efforts on the personnel of individual squadrons and units. EBS provides for a Flight Medicine-type approach, where healthcare needs are covered by one provider, instead of many different ones.

According to Colonel Colón, 375th Medical Group commander, the new EBS/Unit command establishes an efficient partnership between the healthcare provider and the supervisory leadership, helping them to concentrate on unique squadron/unit mission needs. Improved physician awareness of squadron/unit personnel and their families will more effectively drive medical efforts at treating and preventing illness/injury.

Providers will now be able to attend commander's calls and discuss ways to maintain or improve the overall health of



each unit, thereby improving their readiness. Regular health status updates will be shared with squadron/unit leadership to focus on specific needs.

"Enrollment by squadron has proven to be very beneficial for other bases," said Colonel Colón. "We are confident that EBS will do much to ensure the medical readiness status of our Team Scott family."

"EBS will focus the healthcare teams on the medical needs of individual units, their active duty personnel, and families. In the past, squadron/unit personnel were enrolled with a variety of healthcare providers," said Colonel Colón. "The previous system of open enrollment did not allow an efficient partnership between the healthcare provider and squadron/unit leadership."

This concept is not

new to the military. Flight Medicine has provided this type of care for many years. "Flyers, their families, healthcare providers, and squadron leadership have all benefited by better understanding each other. When a unit deploys, the healthcare providers can monitor the family members to ensure their healthcare issues are appropriately met," said Colonel Colón.

Adapting to change takes time, and we ask your help in spreading the word. "Within the clinics we have implemented a plan to help alleviate confusion and individually educate our patients," said Lt Col Wilson, 375th Medical Operations Squadron commander. "Your health is extremely important to us, and we will continue to focus our efforts on delivery of the best possible healthcare."

If you would like additional information, we have Patient Advocates in each clinic. To leave a message for an Advocate within Pediatrics, Primary Care, Internal Medicine, or Family Practice, please call 256-WELL (9355). The Flight Medicine Patient Advocate can be reached at 256-7425.

Choosing the Best School for Your Child(ren)

As we approach the heavy PCS season, the calls to my office are increasing with the question: "What's the best school in the area?" Many are willing to move to any area in order to meet the educational needs of their children. The fact is that most of us were told of a certain school district that we just "had" to move in to in order to secure the best education for our children. My position doesn't allow me to endorse a particular school district over another because it would cause public relations issues. But, I can give advice as to what parents should look for in, and how to find a "good" school.

Most will agree that word of mouth remains one of the best ways to get inside information about schools in the area. It is hard to tell the learning environment in a school from a long distance. This is one of the advantages of knowing someone in the area who is aware of the climate in various schools. A sponsor plays an invaluable role in this by giving the person who is seeking local school information whatever insight they can from others' experiences with local schools. Some schools are very structured and controlled. Others give greater allowance for collaborative learning, creativity and/or individuality.

Another desirable feature for a good school is its willingness to allow parents to be involved in the educational process. A good school will encourage in-

creased communication with parents. Parents will be able to track what opportunities are available for them to be involved, upcoming school events, as well as the academic progress of their children. A good school will assimilate a mobile student into their ranks so that their move is almost transparent. The talented and gifted program is as accessible to the new, mobile student as it is to the child who has attended school in the district all of his/her life. Scholarship opportunities are equally offered as well. Students are placed in the appropriate level according to their talents and abilities.

There are many other sources of information about schools. The first source of information I refer inquirers to is the Scott Public Web Site at <http://public.scott.af.mil/>. I advise them to choose the "Welcome to Scott" and then the "Schools" entries so they can navigate through links to each of the school districts, both public and private, in the local area. In case the individual cannot find the State Report Card directly on each school web site, I also refer him/her to the Illinois State Board of Education Web site (<http://www.isbe.state.il.us/>). The school report card contains a great deal of information including school size, mobility rate, attendance rate, average class sizes, school finances, student performance on standardized tests, as well as teacher infor-

mation. It is also helpful to find out what each school spends to educate each student. The availability of school social workers and guidance counselors is important as well. If the school is not providing services to help students who need these services, one has to question their priorities. A parent has to make the determination as to whether or not the school is "child friendly." Who is served by the school? – The staff or the student? The answer to that question should weigh heavily in your decision as to whether or not that is your chosen school district. Much of this information is available on the school web site. Browse the staff directory. Look at teacher web pages. Browse through the student handbook.

Choosing a school is one of the most important decisions you can make for your child. Make sure that you put a lot of thought into the process. And please help others who are new to the area make an educated decision.

Please remember, the Community Youth Transition and Education Council meets on the first Tuesday of each month at 1 p.m. in the 375th Airlift Wing Headquarters Conference Room, Building, P-3. Please join us as we try to help our military-connected children achieve their dreams!

Dr. Cindy Doil
Scott AFB School Liaison Officer

Scotty & Lulu: Musical Entertainment for Children

Scotty & Lulu, award-winning children's music sensation from London, have performed over 4,000 children's music shows in Asia and the UK and are now coming to America! Famed for their catchy kiddy pop songs, Scotty & Lulu are masters of the interactive children's dance party. Their music encourages movement, make believe and plenty of audience participation. So get ready to dance, sing and have a whole lot of fun!

Their style has been described as "exhausting." A simple formula with fun as the main ingredient mixed with



music, action, acrobatics, audience participation, stories and educational exhilaration.

Scotty and Lulu's music adds a new dimension to the concept of children's entertainment. It stretches the imagination and encourages learning through play and musical make believe.

Scotty & Lulu will be performing six

shows in Belleville later this month. Tickets cost \$8 each (free for children under age 2)—only \$5 each for groups of 20 or more—and may be purchased by visiting www.scottyandlulu.com.

Show times and locations are:

Lincoln Theatre
103 E. Main St., Belleville
29 April **1 PM & 6 PM**
30 April **10 AM & 1 PM**
1 May **1 PM**

Signal Hill School
95th Street, Belleville
1 May **7 PM**

Airmen's Attic

The Airmen's Attic is a non-profit organization that allows active duty members, ranks E-1 through E-4, and their dependents to receive household goods and clothing items free of charge. These items do not cost money, but rather are assigned value units by category. For example, each member/family is entitled to 6 bags of clothing per month. Additional monthly limits are:

Baby Items	Equal to 4 Units
Books, etc.	24
Clothing	6 Bags
Free (Misc) Items	12
Furniture	Equal to 4 Units
Household Items	Equal to 4 Units
Shoes	4 Pair
Stuffed Animals	6
Toys	Equal to 4 Units
Military Uniforms	2 Bags



Shopping at the Airmen's Attic is easy! Simply fill out a form (name, rank, telephone number, squadron) the first time you visit. Monthly allotments are annotated when you check out. Go often since the merchandise is always changing!

The Airmen's Attic survives solely on donations and volunteers! It is currently accepting spring and summer clothes for adults and children. Non-perishable items such as laundry and cleaning products, disposable diapers, shampoo, etc. are needed as well. Furniture pieces and small and large appliances are always in high demand. Donations are accepted the first four Tuesdays of each month from 0830-1130.



Shopping hours are every Tuesday from 0900-1100. The Attic is located in building #4141 (near the mobile home park and behind the Thrift Shop). For more information, or to volunteer, please call 256-3840.

Helpful Websites



Tax Information for Members of the U.S. Armed Forces

<http://www.irs.gov/newsroom/article/0,,id=97273,00.html>

The tax laws provide some special benefits for active members of the U.S. Armed Forces, including those serving in combat zones. For federal tax purposes, the U.S. Armed Forces includes officers and enlisted personnel in all regular and reserve units controlled by the Secretaries of Defense, the Army, Navy and Air Force. The Coast Guard is also included, but not the U.S. Merchant Marine or the American Red Cross. However, these and other support personnel may qualify for certain tax deadline extensions because of their service in a combat zone.

Government & Armed Forces Travel Cooperative

<http://www.govarm.com>

Provides leisure and vacation travel services for government, military personnel, and their retirees. Discount services range from condominium rentals, cruises, vehicle rental, and hotel reservations, to golf and vacation packages. You are required to fill out a brief questionnaire to prove you are eligible to receive the discounts. Your local MWR or recreation office receives money for each purchase you make.

Credit Bureaus

Equifax—<http://www.equifax.com>

Experian—<http://www.experian.com>

TransUnion—<http://www.tuc.com>

Most lenders base loan approval on your credit rating from these three bureaus. If you are planning a major purchase, such as an automobile or a home, it is wise to check your credit record prior to applying for the loan. Regular monitoring of these reports is also a proactive way to protect yourself against potential identity theft.

Expeditionary Family Event Calendar for April 2004

Date	Event & Time	Location	Phone
3	Egg Hunt, 0900	Youth Center Ball Fields (weather permitting)	744-9862
5	Kids Klub, 1700	Scott Club	744-1333
9	Give Parents a Break Program	Child Development Center & Youth Center	256-8668
15	Key Spouse Meeting, 1800	Family Support Center	256-8668
24	Youth Fair/Duck Derby, 1000-1400	Youth Center	744-9862
27	USO Salute to Heroes, 1800	Scott Club	229-3865
28	Hampel Family Circus, 1800	Base Theater	256-8668

Note: Events in bold are specifically Expeditionary Family Events